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GO KAPOLEI

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GO KAPOLEI
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Strong Body, Still Mind

Hot Yoga Kapolei is more than a studio, it's a sanctuary for well-being on the West Side.

For **HOT YOGA KAPOLEI** owners Patricia Carrera and Matthias Burger, their yoga practice is about more than just helping their clients physically — it's also about helping them mentally, emotionally and spiritually.

"Mental health issues are a real thing these days," says Carrera. "We can have the fittest and healthiest of bodies, but if we cannot control our minds, we won't be able to enjoy that."

"What sets us apart from all the other places is not just a focus on the business — keeping our bodies healthy and strong, aging gracefully and all that good stuff — but it's also taking care of our minds," she adds. "And what we offer here with our signature classes ... is what allowed us to serve our community for 11 years now."

Hot Yoga Kapolei first opened on Lauwiliwili Street in 2014. Burger first visited Hawai'i in 2007, where he was introduced to yoga and knew that he wanted to open his own practice. He and Carrera were colleagues at the time, both with Ph.D.'s in biology and working in the medical field, when he introduced the practice to her. Three years later, the duo attended a yoga teacher training seminar together and decided to leave their careers and move to Hawai'i to open Hot Yoga Kapolei.

"For me, I always wanted to come back to Hawai'i because I really loved being in Hawai'i," says Burger. "And then there was this opportunity to start this studio here in Kapolei."

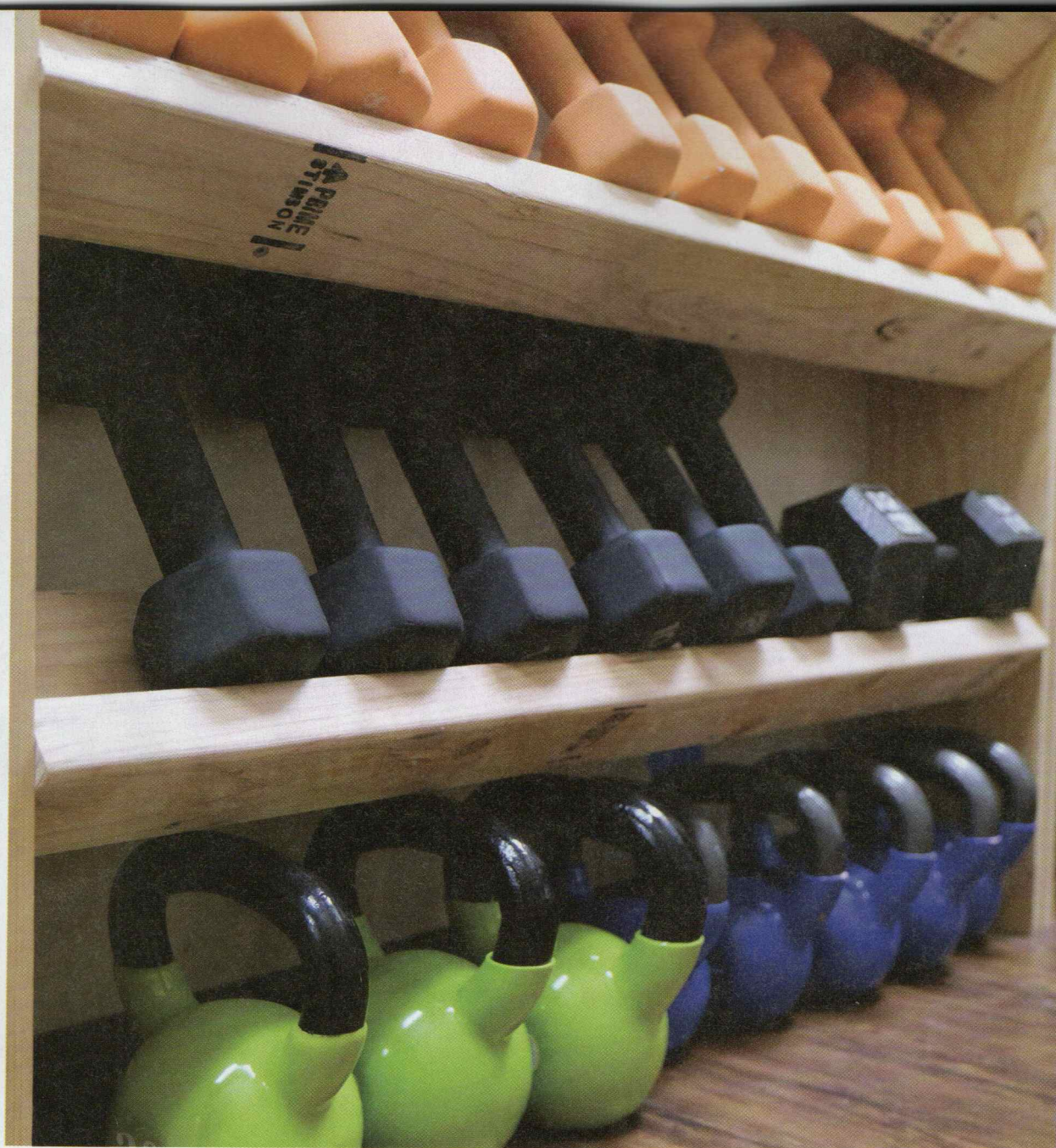
Carrera says she loves that Kapolei was designed as the Second City and recognized a need for a hot yoga

studio on the West side, where nothing like it existed.

"And we fell in love with the West side community — with everything it presented and mostly what allowed us to make the choice to stay here," says Carrera.

The biz offers a range of classes, including original hot yoga — which features 26 poses plus two breathing exercises — hot Pilates and two non-heated classes: flexibility training yin yoga and semi-private personal training.

Carrera leads the hot Pilates class, which is a "super fun workout" that she integrates a mindful grounding practice in. Yin yoga is more focused on regulating the nervous system, working on flexibility and having a relaxing effect more than anything. Hot Yoga Kapolei also recently started small group train-



ing featuring more personalized attention with personal trainers. They also offer one-on-one personal training.

"Sometimes there's that belief out there that you need to have a certain type of flexibility or you need to be in shape to do a certain type of yoga practice, but that was not the original intention of yoga," says Burger. "It's for everybody. Everybody can work on that focus, on that connection, on that breath. So, that's why it's really important to hold on to those core values that yoga can bring to our lives and that influences health

in general — physically, mentally, that's where the healing comes from."

He notes that his favorite thing about Hot Yoga Kapolei is connecting with people — talking to them, hearing their stories, guiding them through the practice and making a difference in their lives. For Carrera, it's about wanting her students to have that same impact she had from her first hot yoga class.

"After those 90 minutes of class, my mind was empty," she recalls. "(I have) a fast-paced mind, I'm always overthinking, always on the go having a very demanding career ... (and

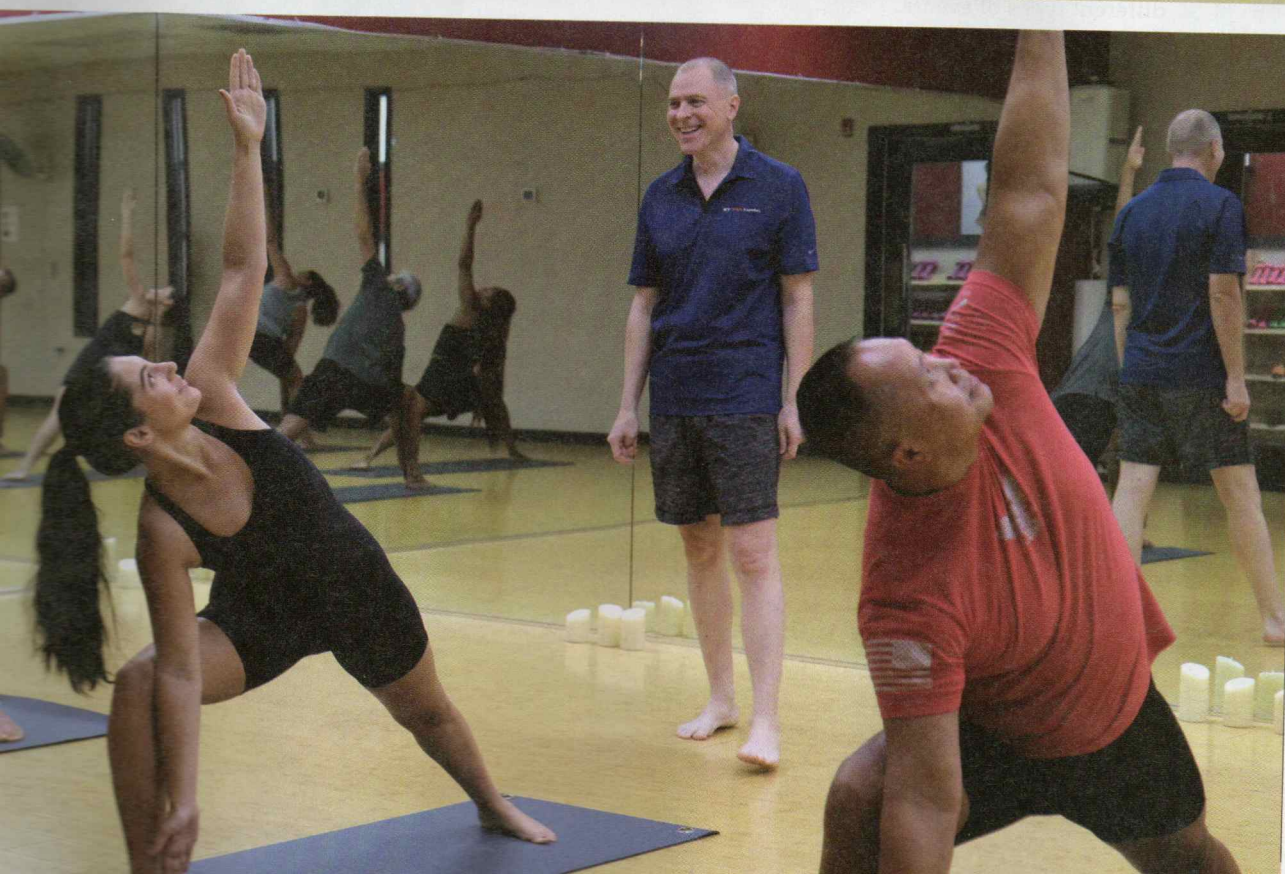
the class) made me feel safe. It made me feel like I was home in my body and mind.

"If (we) can make an impact on that person who needed to hear those words of affirmation, make them feel that they are powerful beyond their beliefs and can do the hard things, physically, mentally," Carrera continues, "that is the most rewarding thing — having that impact. It's the heart of what we do here."

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THE STUDIO OFFERS EVERYTHING FROM HOT YOGA AND PILATES TO NON-HEATED CLASSES DESIGNED TO MEET YOU WHERE YOU ARE.